



## THE FRONTLINE

# SPORTS & RECREATION

SEPTEMBER 10, 2009

## 3rd ID celebrates single Soldiers at Stewart-Hunter



Photos by Spc. Amanda McBride

**Soldiers from 4th IBCT and 1st HBCT go head-to-head in a game of flag football as part of the BOSS Single Soldier Appreciation Week, Sept. 2.**

**Soldiers from 4-3 BSTB and 703rd BSB, 4th IBCT, drive to the hoop during Single Soldier Appreciation Week, Sept. 2.**



**Spc. Amanda McBride**  
4th IBCT Public Affairs

Games, food and fun set the tone for single troops of the Marne Division as the Fort Stewart Better Opportunity for Single Soldiers program hosted Single Soldier Appreciation Week, Sept. 2-3. The event not only spotlighted single Soldiers, but helped boost Soldier morale and enhance Soldiers' quality of life.

Sergeant Gary Worley, 4th Infantry Brigade Combat Team's BOSS representative, said Single Soldier Appreciation Week was another way for unit leadership to show support for their troops.

"We are here to help Soldiers progress and to give them a little time to have fun," Sgt. Worley said. "This is an opportunity for all the single Soldiers to come out, have a day off of work, enjoy themselves, play some sports and enjoy a little competition within our brigades."

Single Soldiers and geographical bachelors throughout the 3rd Infantry Division, as well as other tenant units on Fort Stewart, formed teams and went head-to-head in the two-day competi-

tion that featured softball, flag football, combatives, basketball and bowling.

Additionally, the installation opened a new and improved Rocky's Zone, a bar and nightclub that originally opened in 2007 to combat drunk driving and has since progressed into an on-post hang-out spot for Soldiers to enjoy the latest video games, ping-pong, air hockey, pool and basketball. Rocky's Zone also offers Soldiers an in-home theatre, big-screen TVs and a dance floor.

Though Single Soldier Appreciation Week was full of friendly competition, the event also offered Soldiers an opportunity to bond with other troops from throughout the division.

"We are combining everybody (of all military occupational specialties) to make one team effort and this will build collectively over the year," Sgt. Worley said.

For some Soldiers, the day was all about team building. Specialist Matthew Miller, 3rd Battalion, 7th Infantry Regiment, 4th IBCT, said it is important for the division to have events like this so Soldiers can build camaraderie.

See BOSS

Page 3C

## Combatives champion decided

**Specialist Jonathan Crouch (facing away), 603rd Aviation Support Battalion, wins a combative competition "by submission" in Tominac Fitness Center against Pfc. Tim Panger, 3rd Squadron, 17th Cav. Regt. (facing to the front). Specialist Crouch won first place in the combative competition's heavyweight division.**



Nancy Gould



# Jake's Body Shop What to do when it hurts

**Jake Battle**  
DFMWR Fitness Director

Repetitive stress injury is increasing rapidly in the United States. This type of injury occurs when a person performs activities that require repetitive motion for an extended period of time.

Fortunately, these injuries can be reduced or avoided all together. Here's how you can protect yourself from repetitive stress injury at work.

## Work habits

Make it a habit to take occasional breaks. Create reminders, such as writing notes to yourself or setting a clock to beep each hour, to help you take an hourly

break.

These don't need to be extensive times away from work. Just get up and stretch your muscles, go for a quick breath of fresh air or simply relax and close your eyes for one minute.

## Work area

Many work areas are too bright. If possible, dim the lights in your work area and use shades to avoid excessive sunlight. If your computer has a glare, adjust the brightness and contrast or simply move the screen. A small glare can cause persistent headaches until fixed.



Also, make sure that the desk you sit at allows you to adjust your posture. Besides a good desk, you should have an adjustable chair, a footrest and armrests that you can remove if needed. Some people also find that using a small pillow behind the back for added support is helpful.

## Work materials

The materials you use every day are vital to avoiding repetitive stress injury. Your computer should have an adjustable keyboard and the monitor should swivel. Don't sit too close to the computer

screen as you work; keep at least 16 inches away.

Do you ever get a neck cramp from working while talking on the phone? If so, use a telephone headset as you talk.

## Work posture

When we are busy, we often forget about maintaining proper posture. However, as you work, you should avoid slumping in your chair.

Keep your hands and arms relaxed and bend your upper arm and forearm at a right angle with your wrists straight.

Don't let work-related injuries keep you from being productive on the job. Use these tips to avoid pain to yourself and unnecessary costs to your company.

# 50-Bird Skeet Tournament: 'Muster' registration continues

DFMWR

The 50 Bird Skeet Tournament 'Muster' Registration will continue until 7 p.m., Sept. 17, for the tournament, which will be held at the Fort Stewart Skeet and Trap Range beginning at 8 a.m. on Sept. 19. Participants can register at the Fort

Stewart and Hunter Army Airfield Skeet and Trap Ranges or Outdoor Recreation facilities. For more information, call 435-8219 or 767-2515.

A mandatory 'Pre-tournament Muster' and cookout will be held starting at 5 p.m., Sept. 17 at the skeet range. Shooters will be introduced to the range and their ques-

tions about tourney rules answered. Safety procedures will be reviewed and shooting times assigned. Registered shooters will also receive a lunch coupon to be used during the event.

Tournament sponsors will be invited to take part in the cookout. The tournament is open to Soldiers, Family Members, Retirees, Department of Defense Civilians and their guests. The registration fee is \$30 per shooter. Shooters will compete in the Rocky Division (experts); Dog Face Division (intermediate); Iron Mike Division (novice); Annie Oakley Division (women) and the Bullwinkle Division (youth ages 12 to 17). A \$300 prize will be awarded to the shooter who breaks 50 out of 50 clay pigeons in his/her two rounds. The top shooter in each division will win \$75.

A few 12 and 20 gauge shotguns will be available for eligible shooters who do not have their own. Ammunition will be available for purchase.



# Soldier Fishing Event scheduled

Pond 30 on Fort Stewart is the place to be Sept. 26 for Soldiers who love to fish and those who want to give the sport a try.

Soldier Fishing Day will be observed Sept. 26 in conjunction with the celebration of National Hunting and Fishing Day.

Soldiers throwing out a line are likely to have plenty of luck because DPW and Fish and Wildlife will stock the pond with catfish before the event.

The day's events will begin at 7 a.m. and conclude at 1 p.m. Fishing will be free, and state and post permit requirements will be waived for the day.

A shuttle service is being arranged to transport Soldiers from their barracks to Pond 30. Bait will

be provided and a limited number of fishing poles available.

Soldiers who preregister will be entered into a drawing for a free rod and reel. All attending will be entered into drawings for various door prizes during the day.

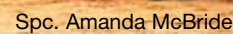
Make plans to be a part of this special time for Soldiers. In addition to fishing time, there will be display booths providing information about Stewart-Hunter hunting and fishing programs, kayak and canoe demonstrations, a casting competition, a fish-cleaning demonstration and a fish fry tasting booth.

Call 767-3515 or 767-5145 for more information.

For more information, visit **Team Stewart** online at  
[www.stewart.army.mil](http://www.stewart.army.mil).



For more information on upcoming BOSS activities, contact your unit BOSS representative or call 767-5119.



Spc. Amanda McBride

**LEFT: Specialist Justin Fields, A Co., 2/7th Inf. Regt., 1st HBC, takes a swing at his opponent during a jousting competition at Fort Stewart's Sports Complex, Sept. 2.**

Nancy Gould

**LEFT and ABOVE:** A 3rd Battalion, 160th Special Operation Aviation Regiment Soldier, in blue, intercepts the ball from 416th Transportation Company Soldiers in a game of flag football at Squires Sports Complex Sept. 2 during the first BOSS-sponsored Single Soldier Appreciation Day at Hunter. More than 300 Soldiers attended the day's events and competed in the following categories: combatives, flag football, softball and basketball tournaments from 9 a.m. to 3 p.m. Trophies were presented to each category winner at the end of the day, along with the Nightstalkers, 3rd Battalion, 160th SOAR, the BOSS overall winner who accumulated the most 1st-place wins.

# My Soldier My Hero

presented by AUSA & Coastal Courier

## You Know A Hero!



**It's the soldier, veteran and military family that you see every day.**

**Advertisers – This is a unique opportunity to reach the desirable and powerful military market at Ft. Stewart/Hunter AAF.**

- ☒ SHOW YOUR APPRECIATION
- ☒ HONOR THEIR SERVICE
- ☒ EXTEND AN INVITATION

Advertising Deadline – **Monday, September 14**  
Call to reserve your space today!

### 912-876-0156

**Be Part of Hero Appreciation Days! • September 24 - October 4**

LIBERTY COUNTRY

**Coastal Courier**

*We're All About Liberty*



[www.coastalcourier.com/mysoldiermyhero](http://www.coastalcourier.com/mysoldiermyhero)